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| |  | | --- | | **FRESHMAN 15** | | Are you watching what you eat? Do you get enough daily exercise. The habits you make now can affect you in the future. In a survey taken from college freshman, the average weight change between the students was 8 pounds. Freshman year is a time of change and transition. In order to transition into a healthy adult, you must acheieve daily exercise and a healthy balanced diet. If you need further information, visit the campus recreational center and talk to a fitness trainer. | |  | |  | |  | | --- | |  |   C:\Users\Doug\Desktop\gym.pngC:\Users\Doug\Desktop\healthyyy.pngC:\Users\Doug\Desktop\red_apple_310910.jpg |

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